**Tảo xoắn Spirulina: thực vật siêu dưỡng chất**

(Cập nhật đến ngày 24/3/2023)

Tảo xoắn là một trong những loại thực phẩm phổ biến nhất trên thế giới. Tảo xoắn có màu xanh lam, phát triển trong cả hệ sinh thái nước ngọt cũng như nước mặn và có thể dễ dàng thêm vào khẩu phần ăn hàng ngày của mỗi người. Nhiều người coi tảo xoắn là một thực phẩm vô cùng tuyệt vời do hàm lượng chất dinh dưỡng có trong nó cũng như lợi ích của tảo xoắn đối với sức khỏe.

Để hiểu rõ hơn Cục Thông tin KH&CN quốc gia xin giới thiệu một số bài nghiên cứu đã được xuất bản chính thức và các bài viết được chấp nhận đăng trên những cơ sở dữ liệu học thuật chính thống.



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